



# PE Long Term Plan



**Sports coach** – To lead CPD teaching skills based lessons around year group games.

	Autumn		Spring		Summer	
<b>FS</b>	<b>Prompting gross motor skills using outdoor provision.</b>	<b>Travelling and changing speed. Balancing. Throwing and catching.</b> Unit 1 Real P.E	<b>Skipping, jumping, hopping and running. Negotiate and changing direction.</b> Unit 2 Real P.E	<b>Games/ OAA</b> Development of balancing and coordination Unit 3 Real P.E <b>Sports coach</b>	<b>Athletics</b> <b>Sports coach</b>	<b>Games</b> Throwing and catching Unit 4 Real P.E <b>Sports coach</b>
<b>Y1</b>	<b>Balance and co-ordination</b> Unit 2 Real P.E <b>Sports coach</b>	<b>Dance</b> Space topic from iMoves <b>Sports coach</b>	<b>Gymnastics</b> (Unit 4 Real P.E) <b>Sports coach</b>	<b>Games/ OAA</b> (Unit 5 Real P.E)	<b>Athletics</b>	<b>Games</b> Attacking and defending
<b>Y2</b>	<b>Dance</b> Animal topic from I Moves	<b>Sending and Receiving</b> (Unit 5 Real P.E)	<b>Gymnastics</b> (Unit 2 Real P.E)	<b>Games/ OAA</b> Throwing and catching - Real PE Unit 4 <b>Sports coach</b>	<b>Athletics</b> <b>Sports coach</b>	<b>Games</b> Invasion games <b>Sports coach</b>
<b>Y3</b>	<b>Co-ordination and footwork</b> Unit 1 (Real P.E) <b>Sports coach</b>	<b>Games</b> Football <b>Sports coach</b>	<b>Gymnastics</b> Unit 2 Real P.E <b>Sports coach</b>	<b>Games/ OAA</b> Striking and fielding	<b>Athletics</b>	<b>Dance</b> Greeks topic from iMoves
<b>Y4</b> (Swimming- Tues am)	<b>Dance</b> Rainforests topic from iMoves	<b>Balance and Agility</b> Unit 2 (Real P.E)	<b>Gymnastics</b> Link with Real PE balance unit	<b>Games/ OAA</b> Handball Unit 1 Real P.E <b>Sports coach</b>	<b>Athletics</b> Unit 3 Real P.E <b>Sports coach</b>	<b>Games</b> Hockey Unit 5 Real P.E <b>Sports coach</b>
<b>Y5</b>	<b>Dance</b> Solar systems from iMoves <b>Sports coach</b>	<b>Dynamic/Counter Balance</b> Unit 3 (Real P.E) <b>Sports coach</b>	<b>Gymnastics</b> Unit 2 Real P.E <b>Sports coach</b>	<b>Games/ OAA</b> Invasion game Unit 1 Real P.E	<b>Athletics</b>	<b>Games</b> Cricket
<b>Y6</b>	<b>Coordination and Ball Skills</b> Unit 5 (Real P.E)/ Circuits	<b>Games/ OAA</b> Tag Rugby  Orienteering	<b>Gymnastics</b> Unit 4 Real P.E Football	<b>Dance/Zumba</b>  Football Cont. <b>Sports coach</b>	<b>Athletics</b> <b>Sports coach</b>	<b>Games</b> Rounders <b>Sports coach</b>